

COMPLETE YOUR HEALTH RISK ASSESSMENT & BIOMETRIC SCREENING BY NOVEMBER 7, 2014



Health Risk Assessment and
Biometric Screening
(2 step process)

FAQS

Who is eligible to participate in the health assessment and biometric screening program?

All City of Bryan employees and spouses enrolled in the City of Bryan's health plan.

What is a Health Risk Assessment?

A health risk assessment is a health questionnaire, used to provide individuals with an evaluation of their health risks and quality of life.

What is a biometric Screening?

A biometric screening is a quick and easy check-up with a certified medical professional that helps evaluate your health and pinpoint issues before they become detrimental. The screening takes just a few minutes and includes height, weight, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose levels.

How do I participate in the program?

Each year the health assessment and biometric screening (Step 1 & 2) will be offered prior to the City's Open Enrollment period. If you would like to receive the "Healthy Lifestyle" health insurance premium, you must complete the screening each year. Healthy Lifestyles participants pay \$100 less per month in premiums than a non-participant. In order to receive the lower premium rate, you will be required to follow-up with a medical provider if one or more of your values returns abnormal. Follow-up is required if your:

- Total cholesterol is 200mg/dL or higher
- Fasting blood glucose level is 100mg/dL or higher
- Triglyceride level is 150mg/dL or higher
- Blood pressure is greater than or equal to 140mmHg and/or greater than or equal to 90mmHg

Is my wellness screening information confidential?

Absolutely! You will receive a copy of your personalized wellness report while Risk Management Staff only receives aggregate data along with a Pass/Fail status on each participant.

How do I prepare for the screening portion?

You must fast for 12 hours (no food or drink, except water) prior to your blood draw. You are encouraged to drink plenty of water to prevent dehydration. If you take medications, please take them with water.

What if I recently had a visit with my provider and the required tests were completed, can I utilize them for the purpose of the wellness program?

If the tests were completed July 1, 2014 or after they will be accepted. The only exception will be for FitLife (Fire/Police only) results as these can be from any date in 2014. Your physician will need to complete the enclosed "Physician Screening Form." A copy of your labs is not required this year.

What if my physician's office charges to fill out the form to provide my biometric screening results?

Because the physician screening form only requires eight values, most physicians will not charge to transfer patient results; however, if your physician's office submits a charge for completion of the personalized physician form, these charges will not be paid by your health plan. You will be responsible for any charges submitted by your physician for

See reverse side for step-by-step instructions on how to participate! ➡

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How do I complete the Health Risk Assessment portion? (Step 1)

There are two options for completing the questionnaire portion. Please choose one option (Online or Scantron).

Option 1: Online Portal The easiest and most convenient way to answer the questionnaire. Follow these steps.

- Log on to <http://wellness.bryantx.gov/>.
- Click on the "Healthy Lifestyles" tab at the top of the page.
- Click "take my assessment online."
- Click on "I don't have an account: Sign Up."
- Enter your personal information. Leave the "Email" field blank.
- Proceed with the questionnaire.
- **Use your email address as the Username and select a unique Password**



Important Info!!

Option 2: Scantron Form Complete the questionnaire via scantron form using a No. 2 pencil. Leave the height, weight and blood pressure portion blank. These values will be taken during your biometric screening. The "Personal ID" is your Social Security Number (no dashes) and the "Group ID" section can be left blank. The questionnaire should be done prior to your biometric screening.

How do I complete the Biometric Screening portion? (Step 2)

There are four options for completing the screening portion. Please select one option.

Option 1: Onsite Staff from St. Joseph Regional Health Center will be onsite at various city locations during the month of October to perform screenings. Visit <http://wellness.bryantx.gov> for the onsite screening schedule. Contact Lesley Ward at ward@bryantx.gov or by calling 209-5050 to schedule an onsite appointment.

Option 2: City of Bryan Employee Health Center (COBEHC) Call the City of Bryan Employee Health Center at 821-7690 to schedule an appointment to have your screening completed. The City of Bryan Employee Health Center is located at 2010 E. Villa Maria, Suite B, Bryan, Texas.

Option 3: Utilize your Primary Care Physician (PCP) If you regularly see an outside medical provider, call to schedule an appointment to have the screening done through his/her office. Keep in mind you will be responsible for any co-pay, co-insurance or deductible associated with the visit. You will need to have your physician complete the enclosed "Physician Screening Form" with his/her signature included. A copy of your labs is not needed this year; however the labs must be done July 1, 2014 or after.

Option 4: Utilize Fit Life Results (Fire/Police Only) Obtain a copy of your 2014 FitLife results. If you need another copy, please call Dr. Steve Martin at 862-7726. If all of your values meet the established criteria, you may submit them; however, if one or more do not meet the criteria, you need to have the screening done again (onsite, COBEHC or your own PCP). See the established criteria on the front side of this page. Please do not attempt to utilize your FitLife results if your values are abnormal as this will result in a delay in the process. Also, if you are utilizing your FitLife results make sure all required values are included (height, weight, blood pressure, full lipid panel, glucose). Failing to turn all necessary documentation will also delay the process and may cause you to miss established deadline, resulting in higher premiums. If you have any questions on utilizing FitLife results, please contact Lesley Ward at 209-5050 prior to submitting your packet.

Authorization AND Release must be signed if you are having your assessment done onsite or at the City of Bryan Employee Health Center. ONLY the Release needs to be signed if you are having your assessment done by your own Primary Care Physician or utilizing FitLife results.

Once you have completed both the questionnaire and the screening portion, return your self-addressed, white envelope to either the City of Bryan Employee Health Center or to Risk Management. All packets are due by **Friday, November 7, 2014.**

If you are required to follow-up due to one or more of your values falling outside the established parameters, you will have until Friday, December 12th to do so. Your return packet will have clear instructions on what you need to do in order to receive the discounted premium, so please check your packet when it is returned to you. Failure to follow-up in a timely manner will result in you having to pay higher premiums. You will not be asked to follow-up if you complete the initial appointment with your Primary Care Physician.

For any questions regarding the health assessment and biometric screening process, please contact Risk Management at 209-5050.